

EASTHAM SENIOR CENTER

WINDMILL WHISPERINGS

“Grist for Thought”

November-December 2016 Issue



IN THE SPOTLIGHT

ELKS LODGE THANKSGIVING MEAL

Thursday, November 24th 12:00-3:00 pm

The Orleans-Eastham Elks Lodge is offering a meal from 12:00-3:00 pm on Thanksgiving Day. Reservations are requested for large parties. Take-out is available. For more details, please call 508.255.4258.

SIGHT LOSS SUPPORT GROUP

November 10th & December 8th 10:00 am

On November 10th join Marilyn Davison as she displays the OrCam pocket camera. On December 8th join the CCRTA's Paula George for up-to-date transportation options. All are welcome!

SNOW REMOVAL HELP

If you are a year-round resident and do not have a regular snow removal person, please arrange for one now. Below is a list of some local plowers:*

- Earthtenders, 508.255.4077
- Grass Roots Landscaping, 508.255.3500, Jake
- M.A. Frazier, 508.349.7969
- NC Painting Inc., 774.353.8773, Nelio
- Ponderosa, 508.255.4773, Scott ext. 20
- Ted Skiba, 508.237.4108

**As a matter of public record, we make available this list of contractors who provide snowplowing services. This office does not endorse or recommend provider services. Services are offered on a first-come, first-served basis.*

STROKE SUPPORT GROUP

November 8th & December 13th 2:30 pm

Join us the 2nd Tuesday of the month for our “Stroke Support”. For more information, call 508.255.6164.

ELDER LAW ATTORNEY

November 16th & December 28th

To schedule an appointment with our pro bono Elder Law Attorney, Tom Kosman, call 508.255.6164.

UPCOMING PROGRAMS

CELEBRATE OUR VETERANS

Friday, November 4th 11:00 am

Give thanks to our dedicated service men and women — and their families — for all they've done for us! This will be a time for you, your family members, and friends to get together to share memories. We will have a luncheon and entertainment for everyone to enjoy! We will have a Veterans' picture gallery for anyone who would like to participate. Please bring a picture of yourself/loved one from your service days. RSVP to 508.255.6164.

COOKING CLASS~HEALTHY HOLIDAYS

Cost is \$5 per class. Please RSVP to 508.255.6164.

Wednesday, November 9th 9:00 am

Learn how to avoid the pitfalls of the Holiday Season and the weight gain that usually accompanies it. Learn to make healthier choices and alternatives to favorites.

Wednesday, December 14th 9:00 am

This time of year we love to make gifts for those special to us. Often these are unhealthy choices. Learn how to make delicious and healthy treats for to share with all.

BOMBS & BLACKOUTS~WWII STORIES FROM CAPE COD!

Friday, November 18th 10:30 am

Join Park Ranger Dana Eldridge as he shares his personal stories of Cape Cod during WWII--the detritus of war washed up on Cape Cod beaches, Coast Guard Patrols, target practice, torpedoed ships and more. Refreshments will be served. RSVP to 508.255.6164.

WICKED GOOD LUNCH & BINGO!

November 30th / Meat Loaf & Potatoes

December 28th / Gourmet Macaroni & Cheese

12:00 pm Lunch

12:30 pm Bingo

Join us after Sit & Be Fit” class, for just \$3 enjoy lunch and Bingo! To RSVP please call, 508.255.6164.

UPCOMING PROGRAMS

A COUNTRY KITCHEN CHRISTMAS!

Friday, December 2nd 10:30 am
Join us for a light lunch (soup & sandwich) and a performance by Yesterday's Country Band! One of the band members plays with our beloved Banjo Band! Cost is just \$2. RSVP required by November 28th. RSVP at 508.255.6164.

5th GRADE HOLIDAY LUNCHEON!

Friday, December 16th 11:30 am
Join us on Friday, December 16th for a cup of hearty stew, coffee/tea and dessert! Plus, enjoy the 5th Graders as they perform a medley of holiday songs! Call to RSVP, 508.255.6164. The cost is just \$2. RSVP required by December 9th.

THINGS TO DO

TO SIGN UP CALL 508.255.6164

INTERNET/COMPUTERS AVAILABLE

We have a free computer center open weekdays from 8:00-3:30. Computer classes are Tuesdays at 1:00 pm. We are also looking for laptop donations for homebound seniors that can't afford a computer at home. To donate, call 508.255.6164.

CRAFT & COLORING CLUB

1st & 3rd Wednesday 1:15 pm
Join us anytime! We have materials to color, but please bring your own materials for other projects.

MAH JONGG

Mondays & Wednesdays 12:30 pm
Are you an avid Mah Jongg player? Bring your tiles and join us for a fun afternoon. Call ahead for game details.

OPEN BRIDGE

Thursdays 12:30 pm
Are you an experienced player? Join us for a game!

RUMMIKUB

Fridays 1:00 pm
Stop by for Rummikub on Fridays at 1:00 pm.

RUG HOOKERS

Mondays 9:30 am
Bring your project and join us for a rug hooking session.

SIGHT LOSS SUPPORT GROUP

2nd Thursday 10:00 am
November 10 & December 8
Rides are available. To register, please call 508.394.3904.

YARN CLUB

Mondays 2:00 pm
Do you knit? Crochet? Meet new people while you make beautiful things. Experts and beginners welcome.

VOLUNTEERS

TO VOLUNTEER CALL 508.255.6164

EXERCISE DRIVER WANTED!!!

We are still seeking a volunteer to drive seniors to our Monday Sit & Be Fit exercise class at 11:00 am. If you can help, please stop by or call us at 508.255.6164.

FECO A TRIP COORDINATOR WANTED

We are still looking for an FECOA trip coordinator. This program is a fundraiser to help fund various programs at the Senior Center. If you can help, please call Pat Lariviere at 508.255.9896 or the Senior Center.

SENIOR CENTER NEWS

MEDICARE D ENROLLMENT ENDS DECEMBER 7th

The open enrollment period is the time to review plan choices and enroll in a drug plan or change your coverage. If you are already enrolled in a plan, you will be receiving mail from your current provider regarding upcoming changes. There will also be a lot of information in the news and in the mail from other insurance companies. Avoid confusion! Contact us to make an appointment with our State Certified **SHINE Counselor**, Tess McAlpine, or with Sandra Szedlak (available Monday-Thursday), COA Director.

INCLEMENT WEATHER POLICY

When Nauset Public Schools are closed, Senior Center activities, medical transportation and *The Gathering Place* program are all cancelled. However, the staff will be working and available to assist you. If the Eastham Town Hall is closed, the Senior Center will not be open.

FUEL ASSISTANCE APPLICATIONS

For those of you who received a Fuel Assistance recertification form in the mail, if you haven't already please call for an appointment! The program runs November 1- April 2017; you want to be covered from the beginning. For those of you new to Fuel Assistance, applications are available at the Center.

PROPERTY TAX EXEMPTION

Do you qualify for a property tax exemption? You may be entitled to \$1,000 a year. We will gladly assist you with your application. Please call for an appointment. Here are the guidelines:

- Age 65 or older by July 1, 2016.
- MA resident for 10 years / homeowner for 5 years
- Single: 2015 income < \$24,523 (counting Social Security and assets are < \$40,000 on 7/1/16)
- Married: 2015 income < \$36,785 (counting Social Security and assets are < \$55,000 on 7/1/16)

HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each contain the same four letters in different order.

THE UNHAPPY GOLD MINER

A gold miner's life is full of strife,
a shovel tight in his _ _ _ _ .

The ground is tough and hard to _ _ _ _ .

And the hot sun gives him _ _ _ _ .

The solution to last issue's puzzle *When Darkness Comes* is: The night is slow in coming for the owls./ They wait in trees until the sky is dark. The darkness comes and goes with highs and lows./ Midnight is where critters get a spark.

The following people called in the correct answers: Carol White, Eugenie White, Sandy Bourbeau, Henriette Camp, Pat Morrell, Marjorie Sturm, Anna Grace Shantz, Sally Largey, Kaye Richardson, Judy Kolbert, Mary Alice Cadmus, Jerry Hequembourg & Susan McDonald.

OUTREACH NEWS

THE HOLIDAY SEASON

Cindy Dunham LPN, 508.240.2327

Every season has special features they bring with them. November and December are especially filled with a variety of uniqueness, sprinkled with a hint of reflection and fun, topped off with a helping of nostalgia! These months first give us a taste of cold air, reminding us that winter is surely at our doorstep! November is a special time we honor our wonderful Veterans, eat the tasty delights of Thanksgiving, and give thanks for all. December is a beautiful month as well. We seem to all have the spirit of giving, not necessarily of things, but of our time & friendship. We wish all of you a peaceful, warm, and safe holiday season. Winter is on the way! Please be sure to have helpful items available in the event of inclement weather:

- If you have a car, put a small bucket of sand in the trunk, carry a flashlight, a blanket, a few non-perishable food items and bottles of water.
- Keep a shovel and rock salt/sand by your entry way
- Stock staple items such as: non-perishable foods, batteries, a flashlight, a few gallons of water, a radio, at least a week's worth of your regular medications.
- Have a plan in place for someone to plow your driveway or have a place to go if you lose power.
- Keep emergency phone numbers readily available!

Fuel: for our homes and our bodies.... It is important to us that you are warm and have enough to eat. We have an in-house pantry of dry goods and frozen items. Every day we have free day old baked goods.

Friendly Reminder: If you are a year-round resident and do not have a regular snow removal person be sure to line someone up now. Please think ahead!

OUTREACH PROGRAMS

BLOOD PRESSURE READINGS DAILY

Available during business hours. Please call ahead to confirm Cindy is available, 508.240.2327.

MOVIE FRIDAY 12:30 PM

Fridays, December 9th & 23rd

Enjoy a movie and treat yourself to delicious snacks!

WICKED GOOD WEDNESDAY LUNCH AND BINGO

12:00 pm Lunch

November 30th

December 28th

1:00 pm Bingo

Meatloaf and Potatoes

Gourmet Mac and Cheese

After "Sit & Be Fit" class, for just \$3 enjoy an entrée, dessert & beverage! We will also play bingo after lunch. To RSVP call 508.255.6164.

KDC SUPPORT PROGRAM 10:30 AM

Tuesday, November 29th & December 27th

Join Dan Small from the Kennedy Donovan Center as he leads this group that is primarily for caregivers of individuals with developmental disabilities.

HONOR OUR VETERANS 11:00 AM

Friday, November 4th

Please come help us pay tribute to our brave men & women who were in the Armed Services to keep us safe and protect our freedoms. There will be entertainment and a luncheon served. RSVP to 508.255.6164.

FREE MEMORY SCREENINGS

10:00-12:00 AND 1:00-3:00

Tuesday, November 22nd

Receive a *FREE* and confidential memory screening from qualified staff. RSVP required, please call 617.417.0985.

ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD (AFSCCC) OFFERINGS:

CAREGIVER SUPPORT GROUP 10:30 am

1st/3rd Thursday, November 3, 17 & December 1, 15

Facilitated by Molly Perdue. Open to all!

SUPPORT CHOIR 9:45-10:45 am

Wednesday, November 9th

This choir brings together people with cognitive impairment, caregivers, and children. All are welcome to sing along!

DAY CENTER SCHOLARSHIP

For help, call *The Gathering Place*, 508.255.6734.

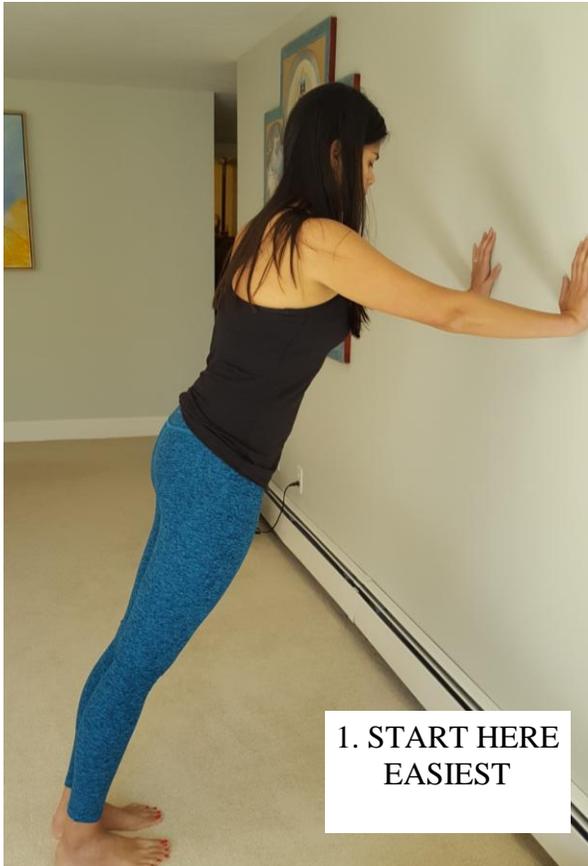
FREE ONLINE COUNSELING SERVICE STUDY

Volunteers needed to participate in the NYU Caregiver Counseling Intervention Study, please call 508.896.5170.

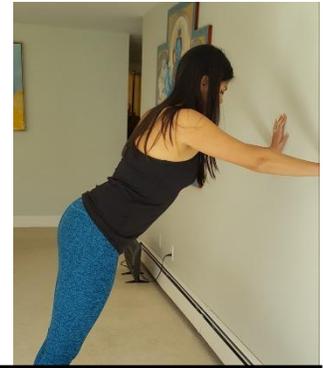
HEALTHY YOU

Janet Reinhart, Exercise Instructor

The Best and the Easiest Total Body Strengthener The Plank and Variations



1. START HERE
EASIEST



Watch your alignment.
Don't let your lower back over arch or
let your hips stick out back

START IN STANDING POSITION

Good form is everything

As you hold, straighten all your body.

Squeeze and tighten all your muscles,

Stretch everything long, from heel to head.

Make sure you pull you abdominal muscles in and up.

Arms perpendicular. Shoulder weight above wrists.

You may do on elbows and forearms.

HOLD

For as long as you comfortably can.

Start with 15 seconds, work up to 3 minutes PER DAY.

You can do 15 secs. for any number of repetitions.

Increase your position to make it more challenging.

Change your holding angle.

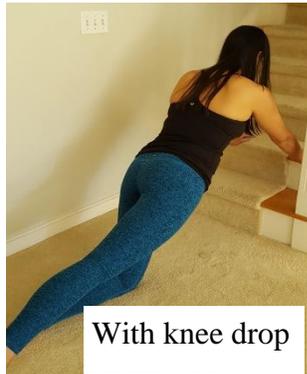
Move down to a kitchen counter or back of couch, etc.

Next-try your stairs.

Then you can increase difficulty by moving down a stair.



HARD



With knee drop

No Pain in joints.
Make yourself feel
strong if only for 15
seconds at a time.
Focus inward on
you alignment.



HARDER



HARDEST

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	2 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	3 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	4 11:00 Veterans Luncheon~ RSVP 1:00 RUMMIKUB
7 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	8 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class 2:30 Stroke Support Group	9 9:00 Cooking Club RSVP 9:15 Mass Rehab Appts. Library 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	10 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	11 VETERANS DAY CENTER CLOSED
14 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	15 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	16 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 1:15 Coloring Club 1:15 Needlepoint	17 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	18 10:30 "Bombs and Blackouts" Cape Cod during WWII ~RSVP 1:00 RUMMIKUB
21 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	22 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Pedicure 10-12 Memory Screenings 1-3 Memory Screenings 1:00 Computer Class	23 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	24 THANKSGIVING DAY CENTER CLOSED 12-3 PM ELKS LODGE THANKSGIVING DINNER	25 HOLIDAY CENTER CLOSED
28 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	29 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:30 KDC 1:00 Computer Class	30 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:00 Wicked Good Wednesday Lunch~RSVP 12:30 Bingo 12:30 Mah Jongg 1:15 Needlepoint		

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	2 10:30 Country Kitchen Christmas Luncheon~RSVP 1:00 RUMMIKUB
5 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	6 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	7 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	8 8:30 Yoga 10:00 Life Exercise 10:00 Sight Loss 12:30 Open Bridge	9 12:30 Free Movie 1:00 RUMMIKUB
12 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	13 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class 2:30 Stroke Support Group	14 9:00 Cooking Club RSVP 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	15 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge	16 11:30 5 th Grade Holiday Concert Luncheon~RSVP 1:00 RUMMIKUB
19 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	20 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 1:00 Computer Class	21 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Coloring Club 1:15 Needlepoint	22 8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge	23 12:30 Free Movie 1:00 RUMMIKUB
26 HOLIDAY CENTER CLOSED	27 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 10:00 Pedicare 10:30 KDC 1:00 Computer Class	28 9:15 Mass Rehab Appts. Library 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Attorney 12:00 Wicked Good Wednesday Lunch~RSVP 12:30 Bingo 1:15 Needlepoint	29 8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge	30 1:00 RUMMIKUB

FECOFA TRAVEL SECTION

Trips are a FECOA fundraiser and must be booked with trip coordinator to receive credit. Pricing is per person/double occupancy. Full fliers are available at the Senior Center. For domestic travel RSVP to Pat Lariviere at 508.255.9896. For international travel RSVP to Russ Moehlich at 508.255.7076.

2017 NORWEGIAN DAWN BOSTON TO SAN JUAN, P.R. CRUISE: 10 DAYS, INCREDIBLY LOW PRICED! Departs from Boston and visits St. Thomas, St. Maarten, Antigua, St. Kitts, Tortola and ends in San Juan. Package includes cruise, all meals and return flight back to Boston. This cruise is four days shorter with different ports of call than our successful cruise in 2015. Cost is so reasonable it will sell out quickly. Detailed flyer at COA office. **For reservations, call Russ Moehlich at 508.255.7076.** Nov. 3-12, 2017 \$1229 (starting)

NOVEMBER TRIPS:

- MISSOURI CLASSICS-BRANSON AND ST. LOUIS ~ 12th-19th
- US OLYMPIC GYMNASTIC CHAMPIONSHIP TOUR ~ 13th
- GOURMET HOLIDAY SHOPPING IN THE BIG APPLE ~ 19th
- BOSTON BALLET'S NUTCRACKER ~ 26th
- NEWPORT PLAYHOUSE NANA'S NAUGHTY KNICKERS ~ 29th
- HOLIDAY MYSTERY TOUR ~ 30th

DECEMBER TRIPS:

- ONCE IN PROVIDENCE ~ 3rd
- CHRISTMAS AT THE HISTORIC HOME OF SALEM ~ 3rd
- HOLIDAY IN THE BIG APPLE ~ 5th
- FOXWOODS CHRISTMAS ~ 7th-8th
- CHRISTMAS WITH THE BOSTON POPS ~ 9th
- GENTLEMEN'S GUIDE TO MURDER IN PROVIDENCE ~ 10th
- REAGLE PLAYER'S CHRISTMAS TIME ~ 11th
- CHRISTMAS MEMORIES MYSTERY TOUR ~ 14th-16th
- NEWPORT RI HOLIDAY MANSIONS & LIGHTS ~ 16th
- NORTH SHORE THEATRE~A CHRISTMAS CAROL ~ 17th
- NEWPORT VANDERBILT CHRISTMAS ~ 19th

FECOFA MEMBERSHIP APPLICATION JULY 1, 2016 - JUNE 30, 2017 (FY17)

The address label on this newsletter indicates when your FECOA (Friends) membership expires. If it says LF you are a life member. If it's FY16 or earlier, your membership has expired. The new fiscal year FY17 began on July 1, 2016. Please renew your membership at your earliest convenience (checks made payable to FECOA). To receive your membership card, please send a self-addressed stamped envelope or stop by.

NAME(S) _____		\$5/PP (annual) or \$25/PP (lifetime)	\$ _____
DOB _____	DOB _____	\$5/PP (annual) or \$25/PP (lifetime)	\$ _____
New ___ Renewal ___	New ___ Renewal ___	Donation	\$ _____
		TOTAL	\$ _____

MAILING ADDRESS _____ HOME ADDRESS _____

TELEPHONE _____ EMAIL _____

FOR OFFICE USE ONLY: card given/sent cash/check# check date Database input

The Friends of the Eastham Council on Aging, Inc.
Eastham Council on Aging
Box 1203
North Eastham, MA 02651

Non-Profit
Presorted Standard
U.S. Postage Paid
Permit 51
Orleans, MA 02653

Current Resident Or



EASTHAM SENIOR CENTER

1405 Nauset Road, PO BOX 1203, North Eastham, MA 02651

Senior Center: (508) 255-6164

EasthamCOADirector@comcast.net

Outreach: (508) 240-2327

cindyoutreach@comcast.net

Day Center: (508) 240-6734

LCADC@comcast.net

SENIOR CENTER/OUTREACH STAFF

Sandra Szedlak.....Director
Cindy Dunham.....Outreach Coordinator
Dorothy Burritt.....Secretary

DAY CENTER STAFF (co-located with Senior Center)

Jill Benelli.....Director
Brianna LePage.....Activities Director

MEDICAL VAN DRIVERS

George Civita Ron Edson Dana Franchitto
Tom Hawko Paul Langlois Bob Nazarian



Mission Statement: *Established in 1974, our mission is to promote the well-being and independence of adults 59 and older. The Eastham Senior Center provides multi-purpose programs (health, educational, social, and recreational), as well as supportive daycare, transportation, and outreach for this purpose. Our continuing goal as a community resource is to maintain and enhance a quality independent lifestyle for our senior population by meeting their current and future needs.*

BUSINESS SPONSORS

Cape Cod Five Center Savings Bank
Eastham Veterinary Hospital

Eastham Discount Oil
Kerry Insurance

Eastham Superette
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